What we claim is:

1. A personal air supply device integrated with chairs having armrests adapted for use in conjunction with an existing building or vehicle ventilation system, said personal air supply device comprising:

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a supply duct in communication with a conduit of the building or vehicle ventilation system;

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a horizontal duct in communication with said supply duct and integrated into an armrest of the chair;
an airflow regulating device arranged to selectively regulate the rate of

airflow through said horizontal duct between a pre-determined minimum airflow and a pre-determined maximum airflow;

a tube in communication with said horizontal duct and having a free end moveable relative to said horizontal duct; and

a nozzle secured to the free end of said tube,

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wherein a portion of air conditioned by said existing building or vehicle ventilation system passes through said supply duct, horizontal duct, tube and nozzle to be released near a breathing zone of an occupant of said chair.

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2. The personal air supply device of claim 1, wherein said supply duct, horizontal duct and tube are covered with insulation and a layer to protect said insulation.

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3. The personal air supply device of claim 1, comprising flexible support for said tube, said flexible support permitting said nozzle to be positioned adjacent a breathing zone of a person seated in said chair and, once so positioned, said nozzle remaining substantially stationary until moved by said person.

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4. The personal air supply device of claim 1, wherein said nozzle has a cone-shaped cup body having a first end connected with said tube, said cup body expanding to an open second end having a diameter of between 6 cm and 12 cm, said cup body having a height of approximately 10 cm between said first and second ends.

- 5. The personal air supply system of claim 4, wherein said nozzle is made of non-flammable rubber.
- 6. The personal air supply system of claim 4, comprising a baffle secured to the second end of said cup body to reduce mixing between air leaving the nozzle and ambient air.
 - 7. The personal air supply device of claim 1, wherein said horizontal duct includes a small concave chamber for receiving air freshener, said chamber being provided with perforations through which said air freshener mixes with air flowing through said horizontal duct.
 - 8. The personal air supply device of claim 7, wherein said chamber is defined by a cup-shaped apparatus fixed in position by spring pin running through two of said perforations.
 - 9. The personal air supply device of claim 8, wherein comprising a cover on the top of said cup-shaped apparatus, said cover moveable across the top of the chamber but not removable from said cup-shaped apparatus.
 - 10. The personal air supply device of claim 8, wherein said cup-shaped apparatus is made of metal or plastic.
 - 11. The ventilation system according to claim 8, wherein said cover is arranged to slide across the top of said chamber.
 - 12. The ventilation system according to claim 11, wherein said board is made of air impermeable flexible plastic.
 - 13. A method of operating a ventilation system including a main ventilation system serving a space and personal air supply devices located at chairs arranged in said space, said method comprising:

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- (1) setting said main ventilation system to supply conditioned air at a flow rate of approximately 8 l/s/person;
- (2) setting said personal air supply devices to supply conditioned air at a flow rate of approximately 2 l/s;
- (3) decreasing the flow rate of conditioned air supplied by said main ventilation system to approximately 2 l/s/person after occupants of said space are seated in said chairs;
- (4) increasing the flow rate of conditioned air supplied by said main ventilation system to approximately 8 l/s/person before the occupants leave said space; and
- (5) reducing the flow rate of conditioned air supplied by said main ventilation system to approximately 2 l/s/person after all the occupants leave said space.
- 15 14. The method of operating a ventilation system of claim 13, comprising: repeating steps (3) and (4) for each cycle of seating occupants in said space.

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